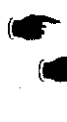
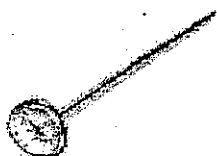


IMPROPER COOLING IS THE MAJOR CAUSE OF FOODBORNE ILLNESS

Hot food must be cooled from 140°F to 70°F within 2 hours, and from 70°F to 41°F within 4 additional hours.



Never cool food at room temperature.

Uncovered containers cool faster than covered containers.

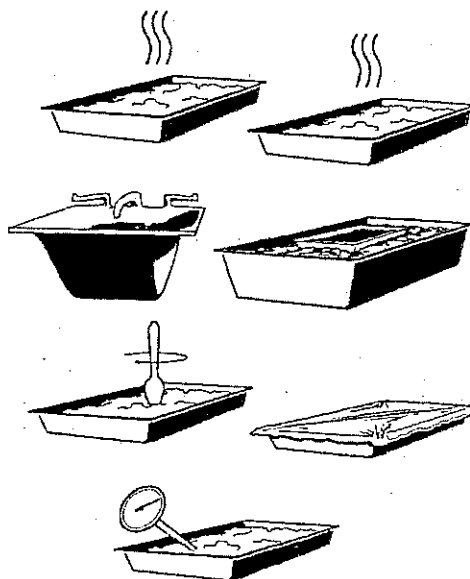
Stirring hot foods rapidly increases the cooling rate.



2 GREAT WAYS FOR COOLING FOODS RAPIDLY!

Shallow is better!

1. Separate foods into small quantities and place them into shallow pans made of aluminum or stainless steel. The food should be no deeper than 4 inches (2 inches for thick foods).
2. Place the pan into an "ice bath" (a sink or large container) filled with ice at least three times the amount of food to be chilled.
3. Stir the food every fifteen minutes. Once it reaches an internal temperature of 70°F within 2 hours, loosely cover the pan with a lid or plastic wrap and place it into a refrigeration unit. After it is cooled, tightly cover food.
4. Check the temperature periodically and stir, to be sure it reaches 41°F in 4 hours.



Use a freeze stick for soups and chowders!

1. Pour hot liquids into a large pot, then stir the liquid with a freeze stick every 15 minutes.
2. Additional freeze sticks may be necessary to reach 70°F within 2 hours. Leave a freeze stick in the pot and place it in the walk-in cooler.
3. Check the temperature periodically and stir, to be sure it reaches 41°F in 4 hours.